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| **Sweet potato salad with Australian herbs dressing**  Serves 24 tastes  Source: Cathryn Hulme | |
| **Ingredients**  Salad  1 large sweet potato, peeled and diced into approx. 1cm pieces  ¼ red onion, thinly sliced  2 sprigs parsley, roughly chopped  40 grams spinach, washed and spun dry  1 cucumber, diced  1 capsicum, diced  100 grams feta, cubed  1 ½ tablespoons toasted pine nuts  Dressing  3 tablespoons olive oil  1 & 1/2 tablespoons white wine vinegar  1 teaspoon Australian dried herbs (Gewurzhaus)  Salt and pepper to taste | **Equipment**  Steamer & saucepan  Chopping boards  Peeler  Knives  Mixing bowl  Salad spinner  Measuring spoons  Clean jar with a tight fitting lid  Serving bowls |
| **What to do:**   * Put steamer on the stove and bring to the boil * Prepare the sweet potato, and once the water is boiling, add potato to the steamer basket * Cook the potato for approx. 8 minutes or until tender * Remove from the heat and run under cold water to slow down the cooking process, then transfer to a mixing bowl * Add the spinach, parsley, cucumber, capsicum & onion and toss gently to combine * Divide into 6 serving bowls * Top each serve with feta and pinenuts * To make dressing combine oil, vinegar, herbs, salt and pepper in the jar. Put lid on tightly and shake until well mixed. * Before serving spoon dressing evenly over each salad | |